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Mike Rashid King | Ambrosia Collective

Mike Rashid's Age, Height, Weight & Body Measurements. Mike Rashid was born on 14 March 1982 and currently as of 2020, he is 38 years old. Statistics put Mike Rashid height as 1.8 m and weight 100 kg. Mike Rashid Personal Life: Affair, Dating, Girlfriend, Wife, Family & Children

Mike Rashid Bio-Wiki, Age, Height, Wife, Kids, Net Worth ...

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Mike Rashid - Gummy Mall

Mike Rashid is the Owner/Partner/CEO at Iron Addicts Gym Miami and Imsoalpha. Contact Mike Rashid now to get a quote.

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Mike Rashid is a big believer in routines to prevent injuries. When he was

younger, he felt invincible and wouldn't even warm-up before training. Now before each chest day, he will go through a variety of pressing motions with a resistance band. This takes extra time, but it can save your body in the future.

Mike Rashid Diet and Workout Plan - Protein Teacher

Mike Rashid also owns the Iron Addicts Gym in Miami. He is the founder of Alpha Academy Apparel, supplement, and clothing line. He also co-owns Metronome, Original Addicts Gym, and LBC. He is the CEO of Interstellar Media and President of Gifted Nutrition. He has published an eBook series named Overtraining. He started his YouTube channel in 2011 and had over 430000

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